

Abstract

COMPARISON OF THE INJURY PREVENTION LEVEL IN VOLLEYBALL AMONG CZECH EXTRALEAGUE TEAMS AND MEN TEAMS ABROAD

Objectives: The main objective of this work is to compare the level of injury prevention in volleyball among Czech Kooperativa extraleague teams and selected leading men teams abroad. In the first case there will be a comparison from the players “point of view”, it means what sort of prevention and in which level it is accomplished by the players, further on there will be a comparison from the team “point of view”, it means what sort of prevention and in which level they are paid by the clubs.

Methods: For the research was used a method of expert assortment by means of nonstandardised questionnaires with closed and semiclosed questions. The purpose of the research was to find out and compare what sort of injury prevention the top volleyball players in Czech and abroad do and the level of reimbursement by the clubs. We also wanted to specify if any items in daily prevention and weekly one are positively correlated.

Results: We have found out that clubs abroad reimburse much more and in higher level nearly all means of active injury prevention and the most applied activity of injury prevention among top volleyball players is strengthening. It was also found out that each of the probands taking part in the research regularly applies at least one element of active injury prevention and some elements of daily prevention are positively correlated with weekly prevention.

Keywords: volleyball, injury, prevention, regeneration